

7 Steps to Safe Penis Pump Use for Beginners

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☐ 1. Trim pubic hair



☐ 2. Use warm water



☐ 3. Apply lubricant



☐ 4. Check seal integrity



☐ 5. Set timer max 15 min



☐ 6. Release valve slowly



☐ 7. Clean device thoroughly

SAFETY WARNING: Never exceed 15 minutes. Do not use if you have bleeding disorders, implants, or recent surgery.

Notes: _____

Add your personal observations or physician's recommendations here.